

Revised 3/5/2018

# March Group Exercise



New Classes: **Balance & Flexibility, Intro to Water Fitness and Functional Fitness**

## MONDAY

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
6:30am	7:15am	Core Strength	Nancy	Studio A	Medium Intensity Level
7:00am	7:45am	Deep Water Run	TBD	Pool (CP)	High Intensity Level
8:00am	8:45am	Sittercise	Constance G.	Studio A	Light Intensity Level
8:00am	8:45am	A.B.C.	Brigitte	Pool (WP)	Medium Intensity Level
8:45am	9:45am	Power Yoga	Caitlin	Studio B	Medium/High Intensity Level
9:00am	12:00pm	Pickleball	Marcus/Albert	Gym	Intermediate/Advance Level
9:00am	9:45am	SilverSneakers® Classic	Constance G.	Studio A	Light Intensity Level
9:00am	9:45am	Deep Finning	Ann	Pool (CP)	Medium Intensity Level
9:00am	9:45am	Power Walk 1	Brigitte	Pool (WP)	Medium Intensity Level
10:00am	10:45am	Splash Dance	Brigitte	Pool (WP)	Medium Intensity Level
10:00am	10:45am	SilverSneakers® Splash	Lynn	Pool (CP)	Medium Intensity Level
10:00am	11:00am	Yoga-Alignment Based	Ginny	Studio B	All Fitness Levels
10:00am	10:45am	Line Dancing	Claudia/Adam	Studio A	Light Intensity Level
11:15am	12:00pm	Restorative Yoga	Court	Studio B	All Fitness Levels
11:00am	11:45am	Cardio Fit	Emma	Studio A	All Fitness Levels
11:00am	11:45am	Just My Speed	Lynn	Pool (WP)	Medium Intensity Level
12:00pm	12:45pm	Liquid Lunch	Tina	Pool (WP)	Light Intensity Level
<b>12:00pm</b>	<b>1:00pm</b>	<b>Functional Fitness</b>	<b>Ted</b>	<b>Studio A</b>	<b>All Fitness Levels</b>
12:15pm	1:30pm	Aerial Yoga	Shakira	Studio B	Must Complete Flight School
5:30pm	6:15pm	Insanity®	Mark	Studio A	High Intensity Level
5:30pm	6:30pm	Barre	Taryn	Studio B	<b>No Class March 5</b>
5:45pm	6:30pm	Making Waves	Patsy	Pool (WP)	Medium Intensity Level
6:30pm	7:30pm	Zumba	Jewel	Studio A	All Fitness Levels
7:45pm	8:45pm	Yoga	Dawanna	Studio B	All Fitness Levels

## TUESDAY

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
6:30am	7:15am	Intervals	Nancy	Studio A	Medium Intensity
8:00am	8:45am	Sittercise	Liz H	Studio A	Light Intensity Level
<b>8:30am</b>	<b>9:30am</b>	<b>Balance &amp; Flexibility</b>	<b>Taryn</b>	<b>Studio D</b>	<b>Studio on track/No Class 3/6</b>
9:00am	9:45am	SilverSneakers® Yoga	Lynn E	Studio A	Light Intensity Level
9:00am	9:45am	Strong, Stretch, & Balance	Emma	Studio B	All Fitness Levels
<b>9:00am</b>	<b>9:45am</b>	<b>Intro to Water Fitness</b>	<b>Liz H</b>	<b>Pool</b>	<b>Must Pre-Register</b>
10:00am	10:45am	Just My Speed	Tina	Pool (WP)	Light Intensity Level
<b>10:00am</b>	<b>10:45am</b>	<b>Senior Classic w/Pom Poms</b>	<b>Emma</b>	<b>Studio A</b>	<b>Light Intensity Level</b>
10:00am	11:00am	Weight Training for Diabetics	Wellness Coach	Wellness Center	All Fitness Levels
10:00am	11:00am	Yoga	Lynn	Studio B	All Fitness Levels
11:00am	11:45am	Cardio Fit	Liz H	Studio A	High Intensity Level
12:00pm	2:00pm	Pickleball	Brent	Gym	For Beginners
12:00pm	12:45pm	Liquid Lunch	Lynne H	Pool (WP)	Light Intensity Level
12:30pm	1:15pm	Pilates Mat	Taryn	Studio B	<b>No Class March 6</b>
<b>5:00pm</b>	<b>6:00pm</b>	<b>Functional Fitness</b>	<b>Emma</b>	<b>Studio A</b>	<b>Intermediate/High Fitness Level</b>
5:45pm	6:30pm	Aqua HITT	Traci	Pool (CP)	High Intensity Level
6:00pm	7:00pm	Aerial Yoga	Jami	Studio B	Must Complete Flight School
<b>6:15pm</b>	<b>7:15pm</b>	<b>Functional Fitness</b>	<b>Ted</b>	<b>Studio A</b>	<b>High Intensity Level</b>
7:30pm	8:45pm	Aerial Yoga	Jami	Studio B	Must Complete Flight School

## WEDNESDAY

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
7:00am	7:45am	Deep Water Run	TBD	Pool (CP)	High Intensity Level
<b>8:00am</b>	<b>8:45am</b>	<b>SilverSneakers Classic</b>	<b>Lavarnia</b>	<b>Studio A</b>	<b>Light Intensity Level</b>
8:00am	8:45am	A.B.C.	Brigitte	Pool (WP)	Medium Intensity Level
9:00am	12:00pm	Pickleball	Albert	Gym	Intermediate/Advanced
9:00am	9:45am	Deep Finning	Ann	Pool (CP)	Medium Intensity Level
9:00am	9:45am	FitBody	Emma	Studio A	Medium Intensity Level
9:00am	9:45am	Power Walk 1	Brigitte	Pool (WP)	Medium Intensity Level
10:00am	10:45am	SilverSneakers® Splash	Lynn	Pool (CP)	Medium Intensity Level
10:00am	10:45am	Senior Stretch	Emma	Studio A	Light Intensity Level
10:00am	11:00am	Yoga	Lynn	Studio B	All Fitness Levels
10:00am	10:45am	Splash Dance	Brigitte	Pool (WP)	Medium Intensity Level
<b>11:00am</b>	<b>11:45am</b>	<b>Functional Fitness</b>	<b>Emma</b>	<b>Studio A</b>	<b>High Intensity Level</b>
11:00am	11:45am	Just My Speed	Lynn	Pool (WP)	Medium Intensity Level
11:15am	12:00pm	Pilates	Hope	Studio B	All Fitness Levels
12:00pm	12:45pm	Liquid Lunch	Tina	Pool (WP)	Medium Intensity Level
<b>12:00pm</b>	<b>1:00pm</b>	<b>Functional Fitness</b>	<b>Ted</b>	<b>Studio A</b>	<b>High Intensity Level</b>
12:15pm	1:15pm	Power Yoga	Caitlin	Studio A	Medium/High Intensity Level
5:30pm	6:15pm	Insanity®	Mark	Studio A	High Intensity Level
5:30pm	6:15pm	Barre Burn	Monica	Studio B	All Fitness Levels
5:45pm	6:30pm	Making Waves	Patsy	Pool (WP)	Medium Intensity Level
6:30pm	7:45pm	Aerial Yoga	Shakira	Studio B	Must Complete Flight School
6:30pm	7:15pm	Mixed Fit	Erica	Studio A	All Fitness Levels
<b>7:30pm</b>	<b>8:30pm</b>	<b>African Dance</b>	<b>Dawanna</b>	<b>Studio A</b>	<b>All Fitness Levels</b>

**THURSDAY**

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
6:30am	7:15am	Intervals	Nancy	Studio A	Medium Intensity
8:00am	8:45am	Sittercise	Monica	Studio A	Light Intensity Level
<b>8:30am</b>	<b>9:15am</b>	<b>Balance &amp; Flexibility</b>	<b>Taryn</b>	<b>Studio B</b>	<b>All Fitness Levels</b>
9:00am	10:00am	Tai Chi Balance	James	Studio A	All Fitness Levels
<b>9:00am</b>	<b>9:45am</b>	<b>Fluid Yoga</b>	<b>Liz H</b>	<b>Pool (WP)</b>	<b>All Fitness Levels</b>
10:00am	11:00am	Weight Training for Diabetics	Wellness Coach	Wellness Center	All Fitness Levels
10:00am	10:45am	SilverSneakers Yoga	Lynn	Studio A	Light Intensity Level
10:00am	10:45am	Just My Speed	Tina	Pool (WP)	Light Intensity Level
10:00am	11:00am	Yoga-Alignment Based	Ginny	Studio B	All Fitness Levels
<b>11:00am</b>	<b>11:45am</b>	<b>SilverSneakers® Classic</b>	<b>Lavarnia</b>	<b>Studio A</b>	<b>Start Date: March 8</b>
12:00pm	2:00pm	Pickleball	Brent	Gym	For Beginners
12:00pm	12:45p	Liquid Lunch	Lynne H	Pool (WP)	Light Intensity Level
12:30pm	1:15pm	Pilates Mat	Taryn	Studio B	New Time
4:00pm	4:30pm	Yoga for Kids	Christine	Studio B	All Fitness Levels
4:45pm	5:15pm	Family Yoga	Christine	Studio B	All Fitness Levels
<b>5:00pm</b>	<b>6:00pm</b>	<b>Functional Fitness</b>	<b>Emma</b>	<b>Studio A</b>	<b>All Fitness Levels</b>
5:45pm	6:30pm	AquaHITT	Traci	Pool (CP)	High Intensity Level
5:45pm	6:45pm	Yoga	Dawanna	Studio B	All Fitness Levels
<b>6:05pm</b>	<b>7:00pm</b>	<b>Functional Fitness</b>	<b>Ted</b>	<b>Studio A</b>	<b>High Intensity Level</b>
7:05pm	8:05pm	Zumba	Jewel	Studio A	All Fitness Levels

**FRIDAY**

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
6:30am	7:30am	Core Strength	Nancy	Studio A	Medium Intensity Level
7:00am	7:45am	Deep Water Run	Tonda	Pool (CP)	High Intensity Level
8:00am	8:45am	Sittercise	Constance G	Studio A	Light Intensity Level
8:00am	8:45am	A.B.C.	Brigitte	Pool (WP)	Medium Intensity Level
9:00am	10:00am	Deep Finning	Ann	Pool (CP)	High Intensity Level
9:00am	12:00pm	Pickleball	Marcus/Albert	Gym	Intermediate/Advanced
9:00am	9:45am	Seniors in Motion	Emma	Studio A	All Fitness Levels
9:00am	9:45am	Power Walk 1	Brigitte	Pool (WP)	Medium Intensity Level
10:00am	11:00am	Yoga - Alignment Based	Ryan	Studio B	All Fitness Levels
10:00am	10:45am	Indoor/Outdoor Power Walk	Emma	Indoor Track	All Fitness Levels
10:00am	10:45am	Line Dancing	Adam/Claudia	Studio A	Offered March 9th & 23rd
10:00am	10:45am	SilverSneakers® Splash	Lynn	Pool (CP)	Medium Intensity Level
10:00am	10:45am	Splash Dance	Brigitte	Pool (WP)	Medium Intensity Level
11:00pm	11:45pm	FitBody	Emma	Studio A	New Class Time
11:00am	11:45am	Ai Chi	Lynn	Pool (WP)	Light Intensity Level
11:30am	12:30pm	Power Yoga	Caitlin	Studio B	Medium/High Intensity Level
12:00pm	12:45pm	Liquid Lunch	Tina	Pool (WP)	Light Intensity Level
<b>5:30pm</b>	<b>6:30pm</b>	<b>Functional Fitness</b>	<b>Emma</b>	<b>Studio B</b>	<b>All Fitness Levels</b>
5:45pm	6:30pm	Making Waves	Patsy	Pool (WP)	Medium Intensity Level

**SATURDAY**

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
8:00am	8:45am	Insanity®	Mark	Studio A	High Intensity Level
9:00am	9:45am	Ballet Workout for Beginners	Taryn	Studio B	No Class March 3
9:00am	9:45am	Yin & Nidra Yoga	Ryan	Studio D	Offered March 17
9:00am	9:45pm	Weights & Body Weight	Donna	Studio A	Indoors & Outdoors
9:30am	10:15am	AquaHITT	Traci	Pool (CP)	High Intensity Level
<b>10:00am</b>	<b>11:00am</b>	<b>Outdoor Cycling</b>	<b>Donna</b>	<b>Studio C/Outdoors</b>	<b>All Fitness Levels</b>
10:00am	10:45am	Making Waves	Patsy	Pool (WP)	Medium Intensity Level
10:00am	11:00am	Pilates	Susan	Studio B	All Fitness Levels
11:00am	12:15pm	Yoga	Susan	Studio B	All Fitness Levels

**SUNDAY**

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
1:30pm	2:30pm	Pilates	Susan	Studio B	All Fitness Levels
2:30pm	3:30pm	Strong by Zumba	Jewel	Studio A	High Intensity Level

**YWCA**

For more information about a class, please contact:

Heather Candelora, Aquatics Director, heatherc@ywca.org, 336-354-1589 ext. 307

Constance Poe, Wellness Director, constancep@ywca.org, 336-354-1589 ext. 318

